



Take a Look:

McDonald's® food compares favorably with many other popular foods.

Here's a quick look at several McDonald's® favorites and how they relate to other frequently eaten foods, using the McDonald's Icon and Bar Chart Approach.

McDonald's® Fruit 'n Yogurt Parfait (5 oz)



Calories		8%	160
Protein		8%	4g
Fat		3%	2g
Carbs		10%	31g
Sodium		4%	85mg

Low Fat Frozen Yogurt (1/2 cup) with Strawberry Topping



Calories		11%	210
Protein		8%	4g
Fat		2%	1.5g
Carbs		16%	47g
Sodium		3%	70mg

Chocolate Pudding Snack Cup



Calories		8%	160
Protein		6%	3g
Fat		7%	4.5g
Carbs		9%	26g
Sodium		6%	150mg

Wendy's® Small Frosty



Calories		17%	330
Protein		16%	8g
Fat		12%	8g
Carbs		19%	56g
Sodium		6%	150mg

McDonald's® Caesar Salad with Grilled Chicken

with Butter Garlic Croutons and Newman's Own® Creamy Caesar Dressing



Calories		24%	470
Protein		68%	34g
Fat		40%	26g
Carbs		9%	26g
Sodium		64%	1540mg

Chef Salad

with iceberg lettuce, 2 oz diced ham, 1 oz shredded cheddar cheese, 2 tsp chopped egg, 2 tsp bacon bits, 4 tsp French dressing



Calories		32%	640
Protein		64%	32g
Fat		78%	51g
Carbs		5%	14g
Sodium		45%	1080mg

Oriental Salad

with romaine lettuce, Mandarin oranges, 3 oz chicken breast, 1/3 cup chow mein noodles, 4 tsp Oriental sesame dressing



Calories		27%	540
Protein		64%	32g
Fat		55%	36g
Carbs		9%	26g
Sodium		31%	750mg

Taco Bell® Fiesta Salad



Calories		44%	870
Protein		62%	31g
Fat		72%	47g
Carbs		27%	80g
Sodium		74%	1780mg

McDonald's® Chicken McNuggets® (4 piece)



Calories		9%	170
Protein		20%	10g
Fat		15%	10g
Carbs		3%	10g
Sodium		19%	450mg

Fish Sticks (4)



Calories		15%	300
Protein		36%	18g
Fat		22%	14g
Carbs		9%	27g
Sodium		27%	650mg

Taco

with 1 oz ground beef, 2 tsp cheddar cheese, lettuce, and tomato



Calories		10%	200
Protein		26%	13g
Fat		18%	12g
Carbs		3%	9g
Sodium		7%	160mg

Grilled Cheese Sandwich

made with 1 oz American cheese and 2 tsp tub margarine



Calories		16%	310
Protein		20%	10g
Fat		28%	18g
Carbs		9%	26g
Sodium		36%	860mg

McDonald's® Hamburger



Calories		13%	260
Protein		26%	13g
Fat		14%	9g
Carbs		11%	33g
Sodium		22%	530mg

Cheese Pizza (2 slices)



Calories		20%	400
Protein		32%	16g
Fat		29%	19g
Carbs		15%	44g
Sodium		28%	670mg

Hot Dog on a Bun with Mustard



Calories		14%	270
Protein		18%	9g
Fat		25%	16g
Carbs		8%	23g
Sodium		30%	720mg

Spaghetti with Meatballs (1 cup)



Calories		14%	270
Protein		20%	10g
Fat		20%	13g
Carbs		9%	28g
Sodium		43%	1020mg

References:

1. McDonald's: www.mcdonalds.com, accessed September 2005
2. USDA National Nutrient Database for Standard Reference, Release 17, 2005

Based on U.S. Product Data and Comparison.
Based on a 2,000 Calorie Diet.

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